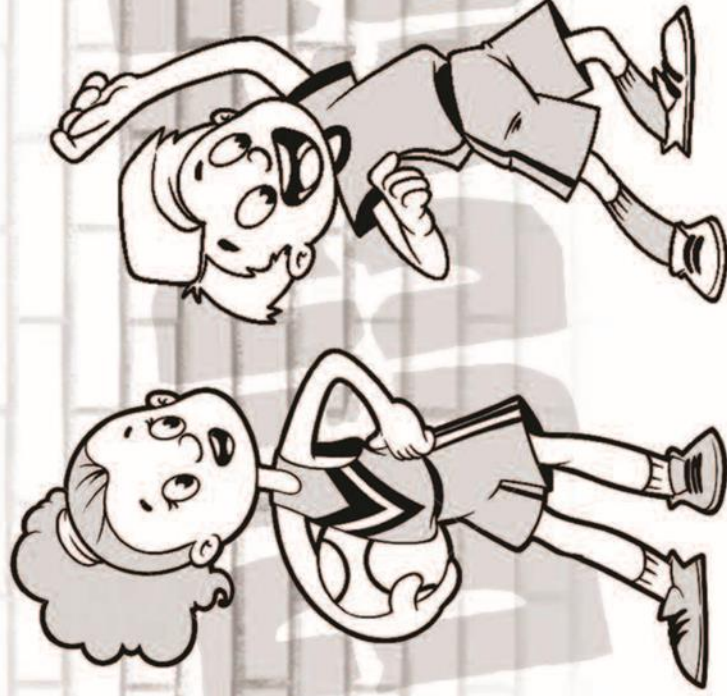


NEEDHAM PARK AND RECREATION

Winter 2015 - Spring 2016



Children • Youth • Teens • Adults • Seniors • Special Events

Welcome to Winter/Spring 2016!

An invitation to people of all abilities

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission.

Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Have you registered for our automatic updates yet?

Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program updates!!



Sign up for Recreation Information by following these steps :

1. Go to the Town of Needham website at www.needhamma.gov
2. Click on the box reading **NOTIFY ME** on the bottom left of the page
3. Enter your e-mail address (or cell phone number for text messages)
4. Select e-mail type, HTML or Text
5. Select box for **RECREATION INFORMATION**
6. Click the **SUBSCRIBE** button



Once you are in the system, you will receive up to date Park and Recreation notifications right at your computer! You may sign up for any of the lists posted.



Needham Park and Recreation will be posting all updates on Facebook daily!
www.facebook.com/NeedhamRecreation

Park & Recreation Commission

David C. DiCicco, Chairman
Matthew M. Toolan, Vice-Chairman
Cynthia J. Chaston
Christopher J. Gerstel
Michael J. Retzky



Director—Patty Carey
Assistant Director—Robyn Fink
Recreation Supervisor—Sarah Mallard
Administrative Specialist—Kristen Wright

The Park and Recreation Commission typically meets the 2nd and 4th Monday of each month.

Commission Office

Public Services Administration
Building (PSAB)
500 Dedham Ave.
Needham, MA 02492

Telephone

(781) 455-7550, press 3

Office Hours

8:30am - 5:00pm
Monday - Friday



Special thanks to Adam Witham for the Winter/Spring cover design, including "Parker" - our official department mascot! (See page 13 for more info about Parker) Adam is a local Graphic Designer, and he can be contacted at adwitham@aol.com for all graphic design needs.

WINTER/SPRING REGISTRATION BEGINS



Wednesday, December 16, 2015 at 9:00 AM

Register online, in person, or by mail

Park and Recreation does not accept any registrations by phone or fax.

REGISTRATION NOTES



- See Registration Policies located on page 19.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put your name on the waitlist if a space is not available; no payment is collected for space on waitlist.
- All programs are offered to Needham residents on a first come, first served basis, including students in the Needham Public Schools' METCO program.
- Scholarships may only be processed by mail or in person.
- Credits may be used online.



ONLINE REGISTRATION

Begins at 9:00 AM on Wednesday, December 16, 2015

- Visit www.needhamma.gov/parkandrecreation. From the left hand blue column, click on "Online Registration".
- Create an online account so that information is saved, credits may be used, and information can be reviewed.
- Follow the steps to register all family members and print-out your receipt at the end of the registration process.

IN PERSON REGISTRATION

Begins at 9:00 AM on Wednesday, December 16, 2015

and continues during regular office hours.



MAIL-IN REGISTRATION

Complete Registration Form and mail to:

Registration - Park and Recreation

500 Dedham Avenue

Needham, MA 02492

Forms will be processed, in random order,

starting at 9:00am on Wednesday, December 16, 2015

and will continue during regular office hours.



YOUTH TENNIS LESSONS

Quickstart Tennis is an exciting play format designed to bring children into the game by utilizing special equipment and a court with dimensions tailored to age and size. Quickstart Tennis is fast, easy, and fun! **Racquet required.**

INDOOR SESSIONS

Age: 5—7 year olds (*Birth certificate required for ALL 5 year olds*)
Session 1: Wednesdays, January 6—February 3
Session 2: Wednesdays, February 24—March 23
Time: 6:00—7:00pm
Location: Pollard Middle School—Green Gym
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *INDOOR Quickstart Tennis Lessons* **AND** Session #
Fee: \$60 per participant per session | 5week session

OUTDOOR SESSION

Age: 5—7 year olds (*Birth certificate required for ALL 5 year olds*)
Session: Saturdays, April 30—May 28
Times & Ages: 9:00—10:00am Ages 5—6
10:00—11:00am Ages 6—7
11:00am—12:00pm Ages 5—7 with prior experience
Location: Pollard Middle School Quickstart Tennis Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *OUTDOOR Quickstart Tennis Lessons* **AND** Time
Fee: \$60 per participant | 5—week session

Junior Tennis covers the basic aspects of the sport including forehand, backhand, serve, volley, overhead, and strategy. **Racquet required.**

INDOOR SESSIONS

Age: 8—13 year olds
Session 1: Wednesdays, January 6—February 3
Session 2: Wednesdays, February 24—March 23
Times: 7:00—8:00pm Ages 8—10
8:00—9:00pm Ages 11—13
Location: Pollard Middle School—Green Gym
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *INDOOR Junior Tennis Lessons, Time, AND Session #*
Fee: \$60 per participant per session | 5 week session

OUTDOOR SESSION

Age: 8—13 year olds
Session: Saturdays, April 30—May 28
Times & Ages: 9:00—10:00am Ages 8—10
10:00—11:00am Ages 11—13
11:00am—12:00pm Ages 8—13 with prior experience
Location: Needham High School Tennis Courts
Limit: 10 participants per session (*minimum of 5*)
On Reg. Form: List *OUTDOOR Junior Tennis Lessons AND Time*
Fee: \$60 per participant | 5 week session

YOUTH PROGRAMS

LEGO CREATE & PLAY DAY

Building, creating, and imagination all rolled into one! Create your very own LEGO masterpiece with 1000s of LEGOs! The LEGOs will stay with us but each participant will take home a framed photo of themselves with their one-of-a-kind LEGO creation!

Full day participants should bring a peanut free lunch!

Age: 5—10 year olds (*Birth certificate required for ALL 5 year olds*)
Date: Monday, December 28
Session 1: LEGO Star Wars 9:00am—12:00pm
Session 2: LEGO Masterbuilder 12:15—3:15pm
Location: Broadmeadow School Cafeteria
Limit: 15 participants (*minimum of 8*)
On Reg. Form: List *LEGO Create & Play AND Session (Full Day, AM session OR PM Session)*
Fee: Full Day: \$90 per participant, Half Day: \$50 per participant

KIDS NIGHT OUT

Give yourself the night off and treat your child to our monthly supervised night of fun! Your child will join some of their favorite program counselors for a night of interactive games, unique craft projects, a pizza dinner, dessert, AND a full feature children's film! *PJ's and sleeping bags are welcome, but not required!*

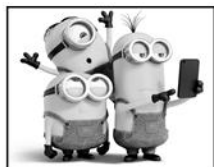
Age: 3—10 year olds (*Birth certificate required for ALL 3, 4, and 5 year olds*)
Sessions: *See below for Dates and Movie Selections*
Time: 5:30—9:00pm
Location: Public Service Administration Building
Limit: 35 participants per session
On Reg. Form: List *Kids Night Out AND Month*
Fee: \$16 per participant per session

Friday, January 22
MINIONS (PG)

Friday, February 19
INSIDE OUT (PG)

Friday, March 18
SHAUN THE SHEEP (PG)

Friday, April 29
THE PEANUTS MOVIE (G)



YOUTH ARCHERY LESSONS

Relax as you aim for your target and feel the thrill of success when your patience and concentration pays off! All equipment is provided. Class is led by two certified USA Archery and National Field Archery Association instructors.

Age: 8—16 year olds
Session 1: Thursdays, January 7—January 28
Session 2: Thursdays, April 28—May 19
Time: 6:30—7:30pm
Location: Pollard Middle School—Blue Gym
Limit: 16 participants (*minimum of 5*)
On Reg. Form: List *Youth Archery AND Session*
Fee: \$98 per participant | 4 week session

YOUTH PROGRAMS

EARLY RELEASE DAYS WITH GLASS ARTS AND MORE

Schools out early—so come over and create with Glass Arts and More! Let your imagination soar as you create your own piece of art! We'll learn how to cut and grind glass and even a little bit about kiln firing too.

- Age:** 9—17 year olds
Session 1: Wednesday, January 13
Session 2: Thursday, March 31st
Session 3: Thursday, May 5th
Time: 1:30 – 3:30pm
Location: Glass Arts and More, 60 Dedham Avenue, Needham
Limit: 8 participants (*minimum of 3*)
On Reg. Form: List *Early Release Days AND Session*
Fee: \$35 per participant per session

YOUTH CLASS WITH GLASS ARTS AND MORE

Join the staff of Glass Arts and More to create a beautiful masterpiece made out of glass! Participants will learn glass safety, how to cut and grind glass, as well as basic kiln firing knowledge.

- Age:** 9—17 year olds
Session 1: Fridays, January 8—January 22
Session 2: Fridays, February 5—February 26
Session 3: Fridays, March 4—March 18
Time: 3:00 – 5:00pm
Location: Glass Arts and More, 60 Dedham Avenue, Needham
Limit: 8 participants (*minimum of 3*)
On Reg. Form: List *Youth Glass Class AND Session*
Fee: \$85 per session per participant | 3 week session

TERRIER SPORTS DODGEBALL



Throw, catch, dodge, and run! It's DODGEBALL TIME! Join the staff from Terrier Sports for this fast paced program to keep you moving this winter! At the conclusion of the program, teams will compete for the coveted "Terriers Dodgeball Bucket!"

- Age:** 8—11 year olds
Dates: Mondays, January 25—February 29
Time: 6:00—7:00pm
Location: High Rock School Gym
Limit: 40 participants (*minimum of 20*)
On Reg. Form: List *Terrier Sports Dodgeball*
Fee: \$120 per participant | 5 week session

PARENT TALK CAMP FAIR

Parent Talk will be sponsoring a Camp Fair on Tuesday, January 26 (snow date February 2) at 7:00 PM at the Newman Elementary School Cafeteria.

For more information, contact Parent Talk at www.ParentTalk.info.

The Park and Recreation staff looks forward to seeing you there!

YOUTH PROGRAMS

ICE SKATING LESSONS

Review the detailed level descriptions below and choose appropriately for your child's current ice skating ability. On the first day of lessons, children will be sorted into small groups, within their class level and time, by ice skating ability. **All five year olds MUST register for the Penguins Level, then after being evaluated through the first week, can be moved to a different level if appropriate.**

Age:	5 years and older (<i>Birth certificate required for ALL 5 year olds</i>)
Dates:	Tuesdays AND Thursdays, March 1—March 24
Times & Levels:	(See Levels & Times chart)
Location:	St. Sebastian's School Ice Skating Rink
Equipment:	Single blade skates and helmets required. (<i>No rentals are available</i>) Gloves and warm, layered clothing recommended.
On Reg. Form:	List <i>Ice Skating, Level</i> (<i>Penguins/Snow Leopards/Snowy Owls/Polar Bears</i>) AND Time
Fee:	\$55 per participant 4 week session—8 classes)

LEVELS & TIMES

PENGUINS: 3:30 - 4:00pm OR 4:00 - 4:30pm OR 4:30 - 5:00pm

Figure Skates OR Hockey Skates

- Limit: 3:30pm class—20 participants, 4:00pm and 4:30pm classes—15 participants
- ♦ Has never skated before and/or needs assistance standing and moving on skates
 - ♦ ALL five year olds must register for Penguins



SNOW LEOPARDS: 3:30 - 4:15pm OR 4:15 - 5:00pm

Figure Skates OR Hockey Skates

- Limit: 3:30pm and 4:15pm classes—15 participants
- ♦ Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
 - ♦ Will work on refining basic skills, snow plow stop, gaining confidence and speed.



SNOWY OWLS: 4:15 - 5:00pm

Figure Skates ONLY

- Limit: 10 participants
- ♦ Refined, confident figure skating skills: can glide forward and backward, perform sculling, and perform proper stops.
 - ♦ Will work on turns, crossovers, one-footed skills, spins and jumps.



POLAR BEARS: 4:15 - 5:00pm

Hockey Skates ONLY

- Limit: 10 participants
- ♦ Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
 - ♦ Will work on different stops, turns, crossovers, edges and increase speed.



YOUTH PROGRAMS

DOWN ON THE FARM

Ever wonder where your vegetables come from? Come dig in the dirt, plant some seeds, and watch them grow with our friends from the Needham Community Farm!

***All participants are required to have an adult helper attend with them each week!**

Age: 3—5 year olds (*Birth certificate required for ALL participants*)
Session: Wednesdays, April 27—June 1
Time: 3:00—3:45pm
Location: Needham Community Farm—Tillotson site
Limit: 10 participants & 10 adult helpers (*minimum of 4*)
On Reg. Form: List *Down on the Farm*
Fee: \$85 per participant | 6 week session

SKATEBOARD EDU

Grab your board and pads, and join us for some skateboarding! Learn how to push, carve, kick turn, and board grab. This class is perfect for those just starting out and those who want to improve their skills! **Skateboard, pads, and helmet required!**

Age: 8—11 year olds
Dates: Wednesdays, April 27—May 25
Times: 3:30—5:30pm
Location: Pollard Middle School Outdoor Courts
Limit: 12 participants (*minimum of 5*)
On Reg. Form: List *Skateboard EDU*
Fee: \$90 per participant | 5 week session

YOUTH CENTER PROGRAMS

TGIF NIGHTS

TGIF (Teens, Games, Infinite Fun) are the place to be! Join us for a night featuring a DJ, games you've never played before, and hangout time!

Age: 6th—8th graders
Dates: Friday, January 8—6th grade ONLY
Friday, February 26—7th & 8th grade ONLY
Friday, March 11—6th grade ONLY
Friday, April 8—7th & 8th grade ONLY
Friday, May 13—6th & 7th grade ONLY
Friday, June 10—8th grade ONLY
Times: 7:00—10:00pm
Location: Pollard Middle School Gyms and Cafeteria
On Reg. Form: List *TGIF Nights AND Date(s)*
Fee: \$10 per participant per event

Visit our website (www.needhamma.gov/parkandrecreation) or facebook page (www.facebook.com/NeedhamRecreation) often as we hope to run more Youth Center programs throughout the Winter and Spring!

2016 Rosemary Pool Season Passes

Season passes for Rosemary Pool will go on sale for Residents AND Non-Residents ON:

FRIDAY, APRIL 1, 2016

"Early Bird" rates for *Needham Residents* will be available from
Friday, April 1 - Friday, May 27.

Regular season rates will go into effect after Memorial Day
on **Tuesday, May 31.**

Information on rates and the season dates will be available in March.



FREE COMMUNITY PROGRAMS



SPRING TOWN-WIDE CLEAN-UP DAY



Sponsored by:

Needham Park and Recreation Commission and DPW Parks and Forestry

It's spring cleaning time for Needham! Join your neighbors as we clean up the Town from the harsh winter. Supplies will be provided from 8:30—11:00am at PSAB. We ask that you pre-register with the number of participants so that we can have enough supplies. Have a favorite park or trail that you'd like to give a little extra TLC? Let us know so we can assign you there!



Saturday, April 2, 2016 *(Rain or Shine)*
8:30am—12:00pm

All ages welcome!! Youth under 12 must be accompanied by an adult.

Coming with a group? Email Robyn Fink (rfink@needhamma.gov) with the total number of people, and she will arrange your clean up site before April 2nd.

TAKE A HIKE

These walks are geared towards walkers of all abilities and friendly dogs (must be on leash). Please pre-register for this FREE program so that the Trail Stewards can be prepared. Children 12 years old or younger must be accompanied by an adult.

Session 1:

Saturday, March 26
Trail Walk on the NEW Rail Trail
10:00—11:30am

Session 2:

Saturday, April 9
Trail Walk at Newman Trail
10:00—11:30am

Session 3:

Saturday, April 30
Trail Walk on the Rosemary Trail
10:00—11:30am



SCHOOL VACATION PROGRAMS

SNOW DAYZ

Crafts, games, and fun are packed into this week of fun! Join your favorite Park and Recreation staff for a week of inside fun!

Age: 5—10 year olds (*Birth certificate required for ALL 5 year olds*)
Dates: Tuesday, February 16—Friday, February 19
Time: 9:00am—12:00pm
Location: Mitchell School Gym and Cafeteria
Limit: 40 participants (*minimum of 15*)
On Reg. Form: List *Snow Dayz*
Fee: \$100 per participant | 4 day session

CROSS COUNTRY SKI LESSONS

Why be stuck inside all February break when you can be outside learning something new! Join us for 3 days of cross country ski lessons! *Trail passes and rentals for all 3 days are \$24 and must be purchased the first day of class from the Weston Ski Center.

Age: 6—10 year olds
Dates: Tuesday, February 16—Thursday, February 18
Time: 12:30– 1:30pm
Location: Weston Ski Center, 190 Park Road, Weston
Limit: 6 participants
On Reg. Form: List *February Vacation—Cross Country Ski Lessons*
Fee: \$40 per participant | 3 day session

BASKETBALL CLINIC

Spend your February break learning some new basketball skills or brushing up on the skills you have! Dribbling, passing, shooting, and defensive skills will be emphasized, and we'll have daily scrimmages to put your skills to the test!

Age: 8—14 year olds
Dates: Tuesday, February 16—Thursday February 18
Time: 9:30am—12:30pm
Location: Pollard Middle School Gyms
Limit: 30 participants (*minimum of 15*)
On Reg. Form: List *February Vacation—Basketball Clinic*
Fee: \$75 per participant | 3 day session

VACATION CLASS WITH GLASS ARTS AND MORE

Let your creativity run wild as you learn glass safety, how to cut and grind glass, and basic kiln firing knowledge. Each day we'll create a different project!!

Age: 9—17 year olds
Dates: Tuesday, February 16—Friday, February 19
Time: 10:00am – 12:00pm
Location: Glass Arts and More, 60 Dedham Avenue, Needham
Limit: 10 participants (*minimum of 3*)
On Reg. Form: List *February Vacation—Glass Class*
Fee: \$110 per participant | 4 day session

SCHOOL VACATION PROGRAMS

THUNDERCAT SPORTS JAM

Basketball, soccer, floor hockey, dodgeball, ultimate football, and every crazy game you can think of! Thundercats Sports fills these 3 days with loads of fun!

Age: 5—11 year olds (*Birth certificate required for ALL 5 year olds*)
Dates: Tuesday, February 16—Thursday, February 18
Half Day Session: 9:00am—12:00pm
Full Day Session: 9:00am—3:00pm
Location: High Rock School Gym and Cafeteria
Limit: 30 participants (*minimum of 12*)
On Reg. Form: List *Thundercats Sports Jam*
Fee: Full day: \$155 per participant, Half Day: \$120 per participant | 3 day session

LEGO MASTER BUILDERS

Come play, imagine, and build with thousands of LEGOs from bricks to mini figurines! The LEGOS will stay with us but your memories will last a lifetime! Each participant will take home a framed photo of themselves with their one-of-a-kind LEGO creation!

Age: 5—10 year olds (*Birth certificate required for ALL 5 year olds*)
Dates: Friday, February 19
Time: 9:00am—12:00pm
Location: Eliot School, Gym and Cafeteria
Limit: 15 participants (*minimum of 10*)
On Reg. Form: List *February Vacation—LEGO Master Builders*
Fee: \$50 per participant

AMERICAN GIRL DOLL CREATE AND PLAY!

Bring your special friend (it does not have to be an American Girl Doll—feel free to bring a favorite stuffed animal) for three hours of science experiments, crafts, and play!

Age: 5—10 year olds (*Birth certificate required for ALL 5 year olds*)
Dates: Friday, February 19
Time: 1:00—4:00pm
Location: Eliot School, Gym and Cafeteria
Limit: 15 participants (*minimum of 10*)
On Reg. Form: List *February Vacation—American Girl*
Fee: \$55 per participant

HAVE YOU MET PARKER, THE PARK AND RECREATION BEAR?!



Parker, the happy bear gracing the cover of this brochure, is the official Needham Park & Recreation Department mascot!! Parker lives at our office most of the time but had loads of fun visiting our Fall Programs and can't wait to see everyone in the Winter and Spring! Make sure you like us on Facebook so you can follow all of Parker's adventures! (www.facebook.com/NeedhamRecreation)



ADULT PROGRAMS

GLASS PLATE FUSING WITH GLASS ARTS AND MORE

NEW!

During this class you will learn how to cut glass, design your pieces, and the basics of fusing glass in the kiln. You can browse artwork for ideas, or let your inner artist shine and design your own masterpiece!

Age: 17 years old and up
Dates: Thursday, February 4
Time: 7:00—9:00pm
Location: Glass Arts and More, 60 Dedham Avenue, Needham
Limit: 10 participants (*minimum of 2*)
On Reg. Form: List *Glass Plate Fusing*
Fee: \$60 per participant (*supplies not included*)

STAINED GLASS WITH GLASS ARTS AND MORE

NEW!

Come and engage in the rediscovery of stained glass! You will design and create your own stained glass masterpiece. During the class, you will learn the American Tiffany Copper Foil Techniques of creating stained glass including cutting, foiling, soldering glass, and more!

Age: 17 years old and up
Dates: Wednesdays, February 24—March 16
Time: 6:00—9:00pm
Location: Glass Arts and More, 60 Dedham Avenue, Needham
Limit: 5 participants (*minimum of 2*)
On Reg. Form: List *Glass Stained Glass Class*
Fee: \$130 per participant (*supplies not included*) | 4 week session

COASTER CREATION WITH GLASS ARTS AND MORE

NEW!

Let your creativity reign during this fun coaster fusing class at Glass Arts and More! Design your own fused glass coasters and impress all your friends. During this class, you will learn how to cut glass, design your piece, and the basics of fusing glass.

Age: 17 years old and up
Dates: Thursday, April 7
Time: 7:00—9:00pm
Location: Glass Arts and More, 60 Dedham Avenue, Needham
Limit: 10 participants (*minimum of 2*)
On Reg. Form: List *Coaster Creation*
Fee: \$60 per participant (*supplies not included*)

NEEDHAM TENNIS COURT BADGES

for the 2016 Season will go on sale starting

TUESDAY, MARCH 1, 2016

Badges are required for all public court use at Mills Field, Newman School and Needham High School Tennis Courts from March - October each year.

INDIVIDUAL RATE:	\$30
FAMILY RATE:	\$45
SENIOR RATE:	\$15

ADULT PROGRAMS

ADULT BEGINNER SNOWSHOE LESSON



Join an experienced guide for an introductory class which will cover how to put on and take off your snowshoes, select the proper snowshoe, dress for the outdoors in winter, and how to climb, descend, and cross hills. The class will conclude with a guided tour of the ski area to test out your new skills!

Age:	17 years old and up
Dates:	Sunday, January 17
Times:	11:30am—12:45pm
Location:	Weston Ski Center, 190 Park Road, Weston
Limit:	6 participants
On Reg. Form:	List <i>Adult Snowshoe Lesson</i>
Fee:	\$25 per participant (<i>Trail passes and rentals are purchased separately before the lesson</i>)

ADULT GOLF LESSONS

Let this be the spring you learn the game of golf or work on improving your fundamental skills! Needham Golf Club's PGA instructor welcomes both beginners and advanced golfers.

Age:	17 years old and up
Session 1:	Tuesdays, May 3—May 31
Session 2:	Wednesdays, May 4—June 1
Times:	5:30—6:30pm BEGINNER 6:30—7:30pm ADVANCED BEGINNER
Location:	Needham Golf Club
Limit:	7 participants per session (<i>minimum of 4</i>)
On Reg. Form:	List <i>Adult Golf Lessons, Day AND Time</i>
Fee:	\$110 per participant 5 week session

ADULT OUTDOOR TENNIS LESSONS

Tennis is a great sport for all ages. Join us as a beginner to learn the game or as an intermediate where you can polish your stroke and serve.

BEGINNER LEVEL: For those without any prior tennis playing experience.

ADVANCED BEGINNER LEVEL: For those with some experience who understand the basics, but want to improve their tennis game.

INTERMEDIATE LEVEL: For those able to execute all strokes, including serving with some consistency. Focus will be on improving serve, court coverage, and match play.

Age:	17 years old and up
Dates:	Thursdays, May 5—June 2
Times:	9:00—10:00am BEGINNER 10:00—11:00am ADVANCED BEGINNER 11:00am—12:00pm INTERMEDIATE
Location:	Mills Field Courts
Limit:	10 participants per session (<i>minimum of 3</i>)
On Reg. Form:	List <i>Adult Outdoor Tennis Lessons AND Time</i>
Fee:	\$75 per participant 5 week session

SENIOR PROGRAMS

SENIOR EXERCISE

Three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social and supportive setting! Detailed descriptions listed below. Register for one, two, or three classes!

Age: 50 years old and up

Sessions: **MONDAYS 9:00—10:00am**

Winter Session: January 4—March 14

Spring Session: March 28—May 23

Judi will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing some laughs!

Note Location: Needham Public Library Community Room

WEDNESDAYS 9:15—10:15am

Winter Session: January 6—March 2

Spring Session: March 16—May 11

Looking for cardiovascular fitness and to improve your endurance and range of motion? Join *Adele* as she leads a low-impact aerobics class which includes stretching and using free weights.

FRIDAYS 10:30—11:30am

Winter Session: January 8—March 4

Spring Session: March 18—May 13

Arlene is ready to share her knowledge of toning, stretching, strengthening, and abdominal exercises to benefit you from head to toe!

Locations: **Mondays**—Needham Public Library Community Room

Wednesdays & Fridays—The Center at the Heights

Limit: 25 participants per class (*minimum of 10*)

On Reg. Form: List *Senior Exercise, Day(s) AND Session(s)*

Fees: \$25 per participant per session—1 day per week | 9 week session

\$50 per participant per session—2 days per week | 9 week session

\$75 per participant per session—3 days per week | 9 week session

SENIOR YOGA

Looking to increase your flexibility, balance, and strength while enjoying some quiet meditation and relaxation? Look no further than *Judi's* Senior Yoga class! You'll enjoy gentle stretching and relaxation while using traditional Hatha yoga postures.

Age: 50 years old and up

Winter Session: Mondays, January 4—March 14

Spring Session: Mondays, March 28—May 23

Time: 10:00—11:00am

Location: Needham Public Library Community Room

Limit: 25 participants (*minimum of 10*)

On Reg. Form: List *Senior Yoga AND Session*

Fee: \$25 per participant per session | 9 week session

SENIOR PROGRAMS

SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year with this friendly, supportive group where you walk at your own pace, meet new people, and feel better through movement! Flexible schedule allows you to go all three days, or whenever it fits your schedule! A coordinator is on site each day to oversee warm-up exercises.

Age: 50 years old and up
Dates: Tuesdays, Wednesdays, AND/OR Thursdays, **NOW**—May 12, 2016
Time: 3:00—4:00pm
Location: Needham High School
On Reg. Form: List *Senior Indoor Walking Club*
Fee: \$30 per participant

SENIOR BILLIARDS

Billiards is a great game of skill and concentration. Join our league for weekly billiards play!

Age: 50 years old and up
Dates: Monday—Friday, weeks of January 11—May 13
Time: Designated times with flexibility
Location: The Center at the Heights
On Reg. Form: List *Senior Billiards*
Fee: \$25 per participant

NEEDHAM GOLF CLUB PUBLIC HOURS

The Needham Golf Club has public golf hours for *Needham residents*.



Please visit <http://www.needhamgolfclub.com/residents-guide.html> to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS
TUESDAYS

3:00 PM - Closing
8:00 AM - Closing

SENIOR GOLF LEAGUE

REGISTRATION FOR NEEDHAM RESIDENTS ONLY

Come score a hole in one with our Senior Golf League! Each week you'll be paired with a new competitor. Will YOU be the overall winner this season?! Previous experience is necessary with a 9 hole score of 72 or less.

Age: 50 years old and up
Dates: Tuesdays, May 3—July 19
Times: First group tees off at 9:00am, last group tees off by 10:30am
Location: Needham Golf Club
Limit: 64/session
On Reg. Form: List *Senior Golf League* AND average score for 9 holes
Fee: \$252 per participant | 12 week session

Unable to commit to playing each week? Sign up as a substitute!

Substitute list taken at Park and Recreation office prior to the start of the season.

GENERAL INFORMATION

NEEDHAM PARKS, PLAYGROUNDS & ATHLETIC FIELDS

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- **Pick up and dispose of trash properly.** Trash attracts bees and wild animals.
- **Trash is picked up by truck so barrels need to be located at entrances.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Park and Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
Parking in fire lanes, in crosswalks, and in front of fire hydrants is illegal and unsafe!
- **Be considerate** of all park neighbors, leaving enough room for access to driveways, and do not park on their lawns.

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

For more detailed information on each program and program contact information, pick up a **2016 Needham Youth Sports Organization Brochure** at the Park and Recreation Office OR visit our website at www.needhamma.gov/parkandrecreation and select "Sports Contacts" from the left hand side of the page.

HOW TO RESERVE A FIELD OR PLAYGROUND/TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, and must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups.

LOCATIONS INCLUDE:

Broadmeadow—Broad Meadow Road	Claxton—Central Avenue	Cricket—Hillside Avenue
DeFazio—Dedham Avenue	Greene's—Pickering Street	Eliot—Wellesley Avenue Ext.
Hillside—Glen Gary Road	Mills—Hampton Avenue	Mitchell—Brookline Street
Newman—Central Avenue	Perry—Beaufort Avenue	Riverside—Riverside Street

PLEASE NOTE:

- Bathrooms are available at DeFazio and Claxton.
- **Greene's Field Playground can not be permitted.**
- School playgrounds are not available during school hours.

SPORTS KIT RENTAL

Two Sports Kits are available for residents to use from the Park & Recreation Office.

PLEASE CALL THE OFFICE IN ADVANCE TO RESERVE A KIT!

Items can be rented on an individual basis, or the entire kit costing no more than \$20!

Kits can include: volleyball, badminton, croquet, horseshoes, whiffle ball set, bocce, kick-balls, bases, cones, pinnies, jump ropes, three-legged race ties, grain sacks (for sack races), and frisbees.

REGISTRATION POLICIES

REGISTRATION LIMITS

Registration limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. The Commission reserves the right to cancel classes when registration numbers are low.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants **MUST** be noted age by first day of session. All children ages 5 and under must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. **Registrations for participants 5 and under are not complete without a registered birth certificate.** *If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall. Park and Recreation CANNOT access the Town Clerk's records directly.*

CREDITS/REFUNDS

The Commission has a NO REFUND policy unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation **in writing** to 500 Dedham Avenue, Needham, MA 02492 or to pcarey@needhamma.gov.

CHANGES TO REGISTRATION

To make a change in your registration, call (781)455-7550, press 3. Messages can be left when the office is closed. If space is available, changes will be made. Additional payments may be required if fees are different and due within the time required by the office. Credits will be given to the family account when the fee is less than original payment.

NON-RESIDENT REGISTRATION

Non-Residents may register the **Wednesday before** a program begins, if space is available, unless otherwise noted in brochure.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

Available to Needham residents, only. Call (781)455-7550, press 3 for more information. **Register in person or by mail ONLY.**

SPECIAL NEEDS PROGRAMING

Call (781)455-7550, press 3 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781)972-1018.

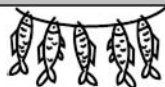
TRUST FUND FOR PARKS

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781)455-7550, press 3 for more details.

LOST AND FOUND

Please call (781)455-7550, press 3 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

SPECIAL EVENTS



FISHING DERBY



Saturday, May 7, 2016

9:00am - 12:00pm

Needham Reservoir

Pre-registration recommended as only a limited number of fishing rods will be available to borrow! Bait will be available.

This FREE event is made possible by:

Needham Park and Recreation Commission

Mass. Wildlife—Newton Workshop Group

Mass. Division of Fisheries and Wildlife

and many wonderful volunteers!



TOUCH THE TRUCKS!



Celebrate National Public Works Week!

Saturday, May 14, 2016

Drop by anytime between 10:00am and 12:00pm
at the DeFazio Park Parking Lot (*next to the Tot Lot*) on Dedham Avenue.



Ever wondered what it would be like to climb into the sewer truck, an excavator, or a front-end loader? Little kids (and little kids at heart) are invited to climb into the Town of Needham's DPW trucks!!

FREE admission to this FUN family event is made possible by:

The Department of Public Works and Park and Recreation Commission



SUMMER VOLUNTEER PROGRAM

Youth **ages 11 and up** are welcome to volunteer at the Park and Recreation Summer Programs *and* Swim Lessons at Rosemary Pool!

Volunteer information booklets will be available beginning

FRIDAY, APRIL 1, 2016

Volunteer information booklets can be picked up at the Park and Recreation Office
OR

Download and print online by visiting www.needhamma.gov/parkandrecreation and selecting the "Volunteer" option in the left-hand menu.

REGISTRATION WILL BEGIN ON WEDNESDAY, APRIL 6 from 5:00—6:30pm